

Winter 2004

The *School Food Services News* is published three times per year (fall, winter and spring) and is available on the School Food Services Web page.

NEWS

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Click here to contact our staff:

www.dese.mo.gov/divadm/food/staff.html

2003 Best Practices Award Winner



Nancy Coughenour, Food Services Director, Raytown C-2 School District (left) and Darlene Barnes, Acting Regional Administrator, USDA Mountain Plains Regional Office.

Congratulations to Nancy Coughenour of Raytown C-2 School District for receiving the 2003 Best Practices Award in the category of the School Breakfast Program (SBP) Enhancement.

Raytown C-2 School District was selected for the 2003 Best Practices Award in the SBP category in the Mountain Plains Region.

The most widely used, innovative and creative approach to the SBP was the introduction of the “Breakfast in a Bag,” which minimized disruption of classroom time. Bags filled with breakfast food items are located on a cart outside the cafeteria just inside the door

where the buses unload. Students take their “Breakfast in a Bag” to the classroom and eat while listening to the teacher’s morning announcements and directions. Another innovative approach to the SBP is the collaboration among teachers, principals, food service staff and students, who were paramount in the development of this unique program.

USDA presented the award on Oct. 16, 2003 as part of National School Lunch Week during a special assembly at Spring Valley Elementary School. Present during the assembly was Dan Meers (who is also known as KC Wolf), the Power Panther, and representatives from the Department of Elementary and Secondary Education and the Midwest Dairy Council. The events included a “Play Hard Eat Smart” cheer, and students posed for their own “Got Milk” photo. One student tried on the KC Wolf costume.

Congratulations again, Nancy, and thanks for emphasizing the importance of starting the day with a nutritious breakfast.



Fourth-grade Raytown C-2 student volunteers to try on KC Wolf's costume.

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“Making a positive difference through education and service”



Three New Reports

Every Local Education Agency (LEA) now has access to reports on the Web. To access the reports, log in on the DESE Web Applications page, and select School Food Services. On the School Food Services Child Nutrition Programs page, select the Menu dropdown box. Scroll down to Reports and select. The Reports page has a menu bar listing the three reports. Select from the list to view a specific report.



SFR035 Meal Count/Reimbursement Summary

The School Food Services Participation Report provides participation data, meal counts and federal reimbursement by program — lunch, breakfast, after school snack and special milk. The meal counts and federal reimbursement are provided by category — full price, reduced price and free. The LEA must select the school year and the beginning and ending month of the data to be viewed. In addition, the LEA can select to run the data by regular term, summer term or the two terms combined.

SFR052 Payments by Fund

The School Food Services Payments by Fund report is available by school year. This report identifies the Claim month and the Paid month. For example: the claim month is May, but the LEA actually receives the May reimbursement in July.

The federal reimbursement is broken down monthly by program — lunch, breakfast, milk and snack — as well as total federal reimbursement. The June state payment is also included on this report.

Child Nutrition Report Summary (Coming soon)

The Child Nutrition Report Summary provides an overview of the LEA for the school year. Data is pulled from all schools and summarized as one entry by month for the LEA. The status of the monthly claim and the reimbursement by program are provided. If an amendment to a claim was made, it will be indicated. The LEA has the option of running the report by regular term, summer term or the two terms combined.

New E-mail Addresses

Check out the new School Food Service e-mail and phone number directory at www.dese.mo.gov/divadm/food/ under Food Service Staff. As of Dec. 31, 2003, the old the School Food Service Web address has also changed to the above address, and the old address will no longer work.



Important Links

MSFSA Web Site

The School Food Services Web site is linked to the Missouri School Food Service Association's (MSFSA) Web site. Check *Additional Sites of Interest* at the bottom of our home page. The MSFSA Web address is www.msfsa.net. Check the Web site to find out more information about MSFSA.

National Food Service Management Institute

Every year the National Food Service Management Institute (NFSMI) presents satellite seminars in April and October and live interactive teleconferences in January and August. Check the link on our home page under *Additional Sites of Interest*. The NFSMI Web address is www.nfsmi.org. Click on *Educational Opportunities* for satellite seminar information.

"The Commodity Shelf" Newsletter

September 2003 was the last time "The Commodity Shelf" newsletter was mailed to school districts. It can be found on the School Food Services home page: www.dese.mo.gov/divadm/food/ under *Newsletters*.

Ten Steps for Parents

Do parents know that their kids are eating healthy school meals? The only real way to be sure is to get them involved. Show you care. Show the parents and the school that what the kids eat matters. Log on to this reproducible checklist of what you can do to get results: www.fns.usda.gov/tn/Resources/10step_flyer.pdf.

2004 Best Practices Awards

The United States Department of Agriculture is announcing the 2004 Best Practices Awards in the National School Lunch Program (NSLP) and School Breakfast Program (SBP). To encourage and reward outstanding practices in school food service, USDA will recognize outstanding practices in four categories in schools and Local Education Agencies (LEAs) participating in the NSLP and/or SBP.



The four categories are: Reaching Needy Children in the Summertime, School Breakfast Program Access, Increasing Consumption of Fruits and Vegetables by Participants, and the Healthy School Nutrition Environment. Each of these categories is important to a healthy school environment and has an impact on nutrition and physical activity.

Nominations will be accepted from LEAs and schools participating in the NSLP and/or SBP. USDA will present awards to a winner in each category. For more information about 2004 Best Practices Awards, log on to www.dese.mo.gov/divadm/food/.

Nominations must be received in our office by March 26, 2004. Nominations received after this date will not be considered.

National School Breakfast Week 2004



Don't forget to celebrate National School Breakfast Week, March 8-12, 2004. This year's theme is "Navigate Your Day With School Breakfast."

Income Verification Summary

This school year's Income Verification Summary sheet will not need to be turned in to the State agency. However, next year USDA will require schools to report more information on a new standardized form that will be available later for use by LEAs. The following is a list of the type of information that LEAs will be required to report to the State agency.

Method of Verification/Selection of Sample Size

1. Verification method used:
 - a. Random sample
 - b. 100% verified
 - c. Focused sample
 - d. Other (specify)
2. Number of free and reduced price applications on file October 31.
(Please note: students who have been approved for free meals through the direct certification process are not to be included in the verification process.)
3. Number of applications verified.
4. If random sampling was used, percentage of applications verified ($3 \div 2$).
5. Number of students on applications selected for verification.
6. Date verification completed.

Student Status as a Result of Verification.

7. Number of students changed from free to reduced price.
8. Number of students changed from free to full price.
9. Number of students changed from reduced price to full price.
10. Number of students whose meal benefit status was reduced or terminated ($7+8+9$).
11. Of the number of students reported in #10, how many students were terminated due to not responding/not proving required documentation?
12. Number of students reported in #10 that were reinstated (due to submission of required documentation or change in household circumstances) for free or reduced price benefits by February 15.

Number of Students Approved for Free/Reduced Price Meals

13. Number of students approved for free meals based on direct certification.
14. Number of students approved for free and reduced price meal benefits based on income application.
15. Number of students approved for free meal benefits based on applications that provided food stamp and/or temporary assistance number.
16. Total number of students approved for free and reduced price meal benefits ($13+14+15$).

Kitchen Techniques



Stuff a miniature marshmallow in the bottom of a sugar cone to prevent ice cream drips. The custodial staff will love you for it!



Taking Action for Healthy Kids – Coordinated School Health



Action for Healthy Kids (AFHK) is about creating health-promoting schools that support sound nutrition and physical activity as part of a total learning environment.

AFHK is a nationwide initiative dedicated to improving the health and educational performance of children through better nutrition and physical activity in schools. This effort represents a response to our nation's epidemic of overweight, sedentary and undernourished children and adolescents. Healthy schools produce healthy students — and healthy students are better able to learn and achieve their true potential. An outgrowth of the 2002 Healthy Schools Summit, AFHK is composed of 51 state teams and a national coordinating and resource group. AFHK fosters sharing and collaboration among diverse stakeholders to encourage and facilitate meaningful change in schools. Guidance and direction is provided by more than 40 national organizations and government agencies representing education, health, physical activity and nutrition. To learn more about AFHK, go to www.actionforhealthykids.org.

An integrated grassroots network of AFHK State Teams is launching state-level action plans focused on improving nutrition and physical activity opportunities in schools. Learn how you can take action, find out what's happening in your state, or simply use our tools for action. In order to take concrete steps toward achieving a real and lasting change for our nation's children, 12 Commitment for Change objectives were established as follows:

1. Provide age-appropriate and culturally sensitive instruction in health education and physical education that help students develop the knowledge, attitudes, skills and behaviors to adopt, maintain and enjoy healthy eating habits and a physically active lifestyle.
2. Provide students in pre-kindergarten through grade 12 with behavior-focused nutrition education integrated into the curriculum that is interactive and teaches the skills they need to adopt healthy eating habits.
3. Ensure that meals offered through all school feeding programs meet federal nutrition standards.

4. Adopt policies ensuring that all foods and beverages available on school campuses and at school events contribute toward eating patterns that are consistent with the Dietary Guidelines for Americans.
5. Provide food options that are low in fat, calories and added sugars such as fruits, vegetables, whole grains and low-fat or nonfat dairy foods.
6. Ensure that healthy snacks and foods are provided in vending machines, school stores and other venues within the school's control.
7. Prohibit student access to vending machines, school stores and other venues that contain foods of minimal nutritional value and compete with healthy school meals in elementary schools and restrict access in middle, junior and high schools.
8. Provide an adequate amount of time for students to eat school meals; schedule lunch periods at reasonable hours around midday.
9. Provide all children, from pre-kindergarten through grade 12, with quality daily physical education that helps develop the knowledge, attitudes, skills, behaviors and confidence needed to be physically active for life.
10. Provide daily recess periods for elementary school students, featuring time for unstructured but supervised active play.
11. Provide adequate co-curricular physical activity programs, including fully inclusive intramural programs and physical activity clubs.
12. Encourage the use of school facilities for physical activity programs offered by the school and/or community-based organizations outside of school hours.



Missouri initiated AFHK at the December Coordinated School Health Conference at Tan-Tar-A Resort, Osage Beach. On Dec. 6, 10 pilot schools met for a brief team working session to communicate with AFHK members, to develop school objectives, and to develop a plan of action to demonstrate their commitment to the above goals. Each school presented their objectives and plans during the working session and will reconnect in May with the AFHK members to note results of their efforts.

Foods of Minimal Nutritional Value

Schools frequently call our office with questions concerning the sale of Competitive Foods; in particular, Foods of Minimal Nutritional Value. The following, which is adapted from federal regulations, should help clarify this issue.

Competitive Foods: any foods sold in competition with the National School Lunch and School Breakfast Programs to children in food service areas during the breakfast and lunch periods.

Competitive Foods may, at the discretion of the LEA, be sold in food service areas (where food is prepared, served and eaten) during the meal periods only if all income from the sale of such foods accrues to the benefit of the nonprofit school food service or the school or student organizations approved by the school. LEAs may impose additional restrictions on the sale of and income from all foods sold at any time throughout schools participating in the National School Lunch and School Breakfast Programs.

Foods of Minimal Nutritional Value: in the case of artificially sweetened foods, a food that provides less than 5 percent of the Reference Daily Intake (RDI) for eight specified nutrients per serving; and in the case of all other foods, a food that provides less than 5 percent of the RDI for eight specified nutrients per 100 calories and per serving. The eight nutrients to be assessed for this purpose are: protein, vitamin A, vitamin C, niacin, riboflavin, thiamine, calcium and iron.

Foods of Minimal Nutritional Value may not be sold in food service areas during the meal periods. They are:

1) Soda Water — a class of beverages made by absorbing carbon dioxide in potable water. The amount of carbon dioxide used is not less than that which will be absorbed by the beverage at a pressure of one atmosphere and at a temperature of 60 degrees Fahrenheit. It either contains no alcohol or only such alcohol, not in excess of 0.5 percent by weight of the finished beverage, as is contributed by the flavoring ingredient used. No product shall be excluded from this definition because it contains artificial sweeteners or discrete nutrients added to the food such as vitamins, minerals and protein.

2) Water Ices — As defined by 21 CFR 135.160 Food and Drug Administration Regulations except that water ices which contain fruit or fruit juices are not included in this definition.

3) Chewing Gum — Flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.

4) Certain Candies — Processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients that characterize the following types:

a) Hard Candy — A product made predominantly from sugar (sucrose) and corn syrup

that may be flavored and colored, is characterized by a hard, brittle texture, and includes such items as sour balls, fruit balls, candy sticks, lollipops, starlight mints, afterdinner mints, sugar wafers, rock candy, cinnamon candies, breath mints, jaw breakers and cough drops.

- b) Jellies and Gums — A mixture of carbohydrates that are combined to form a stable gelatinous system of jelly-like character and are generally flavored and colored. They include gum drops, jelly beans and jellied and fruit-flavored slices.
- c) Marshmallow Candies — An aerated confection composed of sugar, corn syrup, invert sugar, 20 percent water and gelatin or egg white to which flavors and colors may be added.
- d) Fondant — A product consisting of microscopic-sized sugar crystals which are separated by a thin film of sugar and/or invert sugar in solution, such as candy corn and soft mints.
- e) Licorice — A product made predominantly from sugar and corn syrup that is flavored with an extract made from the licorice root.
- f) Spun Candy — A product that is made from sugar that has been boiled at high temperature and spun at a high speed in a special machine.
- g) Candy Coated Popcorn — Popcorn that is coated with a mixture made predominantly from sugar and corn syrup.

